

Sexual Awakening for Women - a Tantric Initiation into the Essence of Female Sexuality with Shakti Malan



Female sexual energy has a unique quality that is little understood in our world today. Through the practices you will work through in this two day residential retreat, and the transmission that Shakti provides, women can begin to taste again, and deeply enjoy, the bliss of female sexual energy. This is a journey within, an opening to embodied bliss from the inside out. That opening ripples through the body as a deep relaxation and an ecstatic aliveness. Shakti believes that female sexual energy is a gateway to spiritual awakening. It is the feminine, through her receptivity, that can lead the masculine into the unknown, the mystery, that which is beyond the ego-mind.

In opening fully to the flow of our sexual energy, we need to let go of old patterns that no longer serve us. Examples are:

- sexual beliefs and attitudes held in our ancestral lineages
- attitudes we carry towards our body and sexuality
- the virgin/whore split in women's psyches; and
- patterns that cause us to suppress the power of our womanness.

Through creative practices, movement and breath work, Shakti will guide you through the release of what no longer serves us, and into an opening to the **true power of female sexuality**.

This is a pure celebration of female sexuality. Through breath work, movement, dance and embodied meditation, we will connect deeply to our female sexual essence and allow that to move through our bodies. Skydancer is the literal translation for dakini, the Tibetan Tantric term for the feminine principle. When woman's sexual energy wakes up, it dances through our bodies and into the infinite, ecstatic sky.

A two day residential retreat, for women only, in Prestwick, from 5pm on Wednesday 15th & finishing at 5pm on Friday 17th August

The cost for the retreat, including food & accommodation will be £300, or £250 if paid in full by 1st August, & £230 if paid in full by 8th July (please add £10 to cover the paypal fee, or if paying by cheque or bank payment with no fee please contact Gillian for details)

There will be a **Bliss Dance in the Theosophical Society in Glasgow on Tuesday 14th August between 7pm and 9pm** (cost £15/10 concession, £18 on the night)

And a full **weekend workshop** with Shakti and Aaron Swanson 'Man Woman Awake' in Glasgow's West End on **18th and 19th August** (cost £250, early bird £180/£200)

For further information please contact Gillian by email on gillian@sacred-touch.co.uk or by phone on 07913 906 343 or see www.sacred-touch.co.uk/events

Check out www.shakti.co.za & www.totalitytherapy.com for more information about Shakti

